

## Downer in the Time of CV19

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Dear Downer Residents

As Australia and the rest of the world respond to the COVID-19 pandemic, it's even more important to be strong together, stay calm and look out for one another. How lucky we are to live in a garden suburb, with space, trees and now quiet streets, inviting us to take that socially sanctioned brisk walk, possibly with our increasingly exhausted dogs.

Another wonderful thing about our suburb is our lovely Downer Square (Frencham Street) and its small businesses, who took the plunge to enliven our suburb and now need our support. Take yourself (and your exhausted canine) to the glorious green playing fields, and enjoy a coffee and take-away from the Gang Gang Café <https://www.facebook.com/www.Ganggangcafe.com.au/>. Stock up at Pete's Wine Shop (also selling beer) <https://www.facebook.com/Peters-Wine-Shop-1160969350728318/>. And, if Rover is now completely dog-tired or pet cat cuddled to the point of dermatitis, visit Amanda and Damien at the Village Vet <https://thevillagevet.co/>. Need some personal care yourself? Call in to see Charlie and the team at 'here,' our local yoga and wellness centre <https://behere.co/>, now running Psychology and Physiotherapy appointments via Skype.

Sadly, government guidelines mean the Downer Community Centre is closed. The SEEChange office remains in residence though, at the mural end of the building. The Downer Community Association lives on in cyber form. We now Zoom our meetings at 7.30pm on the first Monday of every month. You can see the Minutes at: <http://www.downercommunityassociation.org/> and other goings-on <https://www.facebook.com/downercommunitycbr/>

In Downer, we also have a bunch of community minded folk running a neighbourhood support network, so we can help each other through Covid-19. Their motto is 'staying together while keeping apart.' You may have received a flyer in your letterbox. If you need help, you can visit <https://tinyurl.com/dickson-downer> or call or text Stephanie on 0426 993 258 or Thomas on 0417 784 464. If you want to offer help, join the Dickson/Downer Mutual Aid Facebook Group at: <https://tinyurl.com/dicksondownermutualaid>

As you already know national information and resources are to be found at: [www.health.act.gov.au](http://www.health.act.gov.au)  
The Australian Government WhatsApp channel for COVID-19 provides the latest news, case numbers, how to check your symptoms and support for yourself, your family and friends: <https://www.health.gov.au/resources/apps-and-tools/australian-government-whatsapp-channel-for-covid-19>

Stay well and be kind to each other.

With warm wishes from the DCA

**From all of us at the-**  
**Downer Community Association**  
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<https://www.facebook.com/downercommunitycbr/>  
**Web:** [www.downercommunityassociation.org](http://www.downercommunityassociation.org)